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Victory food special

U.S. Department of Agriculture
Agricultural Marketing Administration

Commodity ..... ONIONS
Marketing area ..... NATIONAL
Time ..... JUNE 8 TO 15

FOR IMMEDIATE USE — Washington, D.C., May 22, 1942

NEW CROP ONIONS will be featured by the Nation's retailers as a Victory Food Special during the period June 8 to 15 in a drive to move extra heavy supplies into consumption. Store advertising and special displays will be employed by food stores to increase sales of onions to consumers.

In carrying out the merchandising plan for new crop onions, retailers and other food merchants are cooperating with the Agricultural Marketing Administration of the U. S. Department of Agriculture. This is the second drive under the AMA program for encouraging increased commercial movement of perishable farm products in seasonal abundance as a means for conserving food supplies and preventing waste. At the same time that the plan seeks to broaden market outlets for producers of these commodities, it aims at passing along to consumers the supply and price advantages which a heavily stocked market holds for them.

The supply of onions being harvested during the current Spring season is expected to be about double last year's crop and close to 50 percent above the average. Acreage planted is higher than usual.

New crop onions, as those harvested during the spring months are called, have in the past been produced mostly in Texas and California. This year, however, Georgia has come into the picture with a considerable acreage. Texas is by far the largest producer and this year will account for about 85 percent of the total new crop. Production is centered in several more or less distinct districts, the earliest located near the southernmost tip of that State where harvesting usually takes place early in April. As the season moves northward, the crop matures for shipment in one Texas district after another. The end of the season finds onions being shipped from the northeastern part of the State, in the area around Dallas. In the past, these numerous districts have been grouped into South Texas and North Texas areas. Most of the onions marketed nationally during June will come from North Texas. Georgia onions will be marketed mostly in the East. Supplies produced in California will find their outlets mostly in the West.

Heavy shipments of onions from areas now harvesting are underway, with the peak movement from the North Texas area expected early in June. The merchandising drive featuring onions as

OUR FARMERS are on an all-out war basis. They are producing more food than they ever grew before. Now and then, due to super-abundant harvests, exceptional weather, or wartime bottlenecks, unusually large supplies of some foods become available. They must move to market promptly or be wasted. These are **VICTORY FOOD SPECIALS.** The more Victory Food Specials are consumed, the less will be the pressure on foods needed for the war. Food merchants are cooperating with the Agricultural Marketing Administration by featuring these Specials in their stores. You can help to prevent the waste of good food and to stretch consumers' food money by giving this news wide distribution.

a Victory Food Special for the week June 8 to 15 is scheduled at a time when large supplies of onions are anticipated in terminal and consumer markets throughout the country.

Prices are such this season that consumers will be able to buy onions more freely than they have for some time. During the past few years onions have been high during the spring and early summer months. This was due largely to the light crops in Texas. Prices this year, up to a few weeks ago, were also high, largely because of the very small supply of old onions on hand before harvesting and shipping of the heavy new crop got fully underway.

So far, the quality of Spring harvested onions has been good and should continue so with reasonably favorable weather conditions in the producing areas. Several varieties of onions are now coming on markets, the leading one being the Yellow Burmuda, with Crystal White Wax next in importance and several other varieties classed as "Yellows". Onions of small size, commonly called "boilers", are plentiful this year and they lend themselves to several ways of cooking.

In buying onions, get bright, clean, hard ones with dry skins. If the stem end of an onion is moist, it may be a sign of decay inside. Misshapen onions are objectionable only if they are so badly deformed that they are wasteful to prepare for eating. Onions keep best in a dry, cool, dark place.

The onion has been used as a food since early times. Its cultivation in the Old World goes back many centuries. Early production in this country has been traced to Massachusetts in 1634, and in Virginia in 1648. Since then, this vegetable has steadily grown in popularity, and now in several States it is among the important agricultural crops.

According to the Bureau of Home Economics, fresh, mature onions contain small amounts of Thiamine (vitamin B_1) riboflavin, and Ascorbic acid (vitamin C). They also have small amounts of iron and calcium.

Although good in themselves, onions are especially valuable for their flavor appeal. They are almost a necessary seasoning for many dishes - meats, soups, salads. As a cooked vegetable, they may wear several disguises. A simple dish is boiled small onions served with melted butter. Or the dish may be more elaborate, such as large onions stuffed and baked. In between are many others--creamed onions, fried onions, and onion soup made with meat broth.

UNITED STATES DEPARTMENT OF AGRICULTURE
Agricultural Marketing Administration
Washington, D. C.

FIFTEEN WAYS TO USE ONIONS*

Place in Diet

Onions are especially valuable for their flavor appeal. They're good in themselves. They're universally favored as a seasoning.

Fresh, mature onions contain small amounts of thiamine (vitamin B_1), riboflavin, and ascorbic acid (vitamin C). Young, green onions are fair sources of carotene, which the body can change into vitamin A. They are not rich in iron and calcium, but they do contain small amounts of these valuable minerals. They are high in moisture content, low in calories.

Storage

Keep in a dry, cool, dark place. If you don't have such a storage place, never buy a great many at once or they'll sprout and go soft in the middle.

When You Buy 'Em

Look for bright, clean, hard onions with dry skins. Watch out for decay at the stem end of each onion. If there is a moistness here, the onion may be rotten inside. Misshapen onions--grown into forms known by such descriptive terms as "splits," or "doubles,"--are objectionable only if they are so badly deformed they are wasteful to prepare for eating.

On the Table

If you "know" and like "your onions"--here are fifteen different ways to use them.

Onion Soup

6 medium-sized onions, chopped fine	4 tablespoons flour
2 tablespoons fat	4 tablespoons cold water
1 pint boiling water	Salt and pepper to taste
1 quart meat broth	Toast
	Cheese, finely grated

Cook the chopped onions in the fat until yellow, add to hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, stir into the soup, and boil for a few minutes. Add the salt and pepper. Pour the soup into bowls, place on top a slice of toasted bread, sprinkle with cheese, if you like, and serve at once.

*Material supplied by the Bureau of Home Economics. - Issued June 1942

Buttered or Creamed Onions

Skin the onions and if very large size cut in half. Cover with lightly salted boiling water and simmer. To prevent strong flavor and dark color, do not cover and do not overcook. Drain and season to taste with salt, pepper, melted butter, and chopped parsley if desired.

For creamed onions, after draining pour over the cooked onions a white sauce of medium thickness and sprinkle with paprika.

Scalloped Onions and Peanuts

6 medium-sized onions	1 cup milk
1 cup peanuts, ground	1/2 teaspoon salt
1 tablespoon melted fat	1 cup buttered bread crumbs
1 tablespoon flour	

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish if you wish.

Fried Onions and Carrots

Wash and scrape medium-sized carrots and cut lengthwise into thin slices. Skin medium-sized onions and slice them. Put onions and carrots together in a frying pan with a little melted fat or bacon drippings. Cover tightly, and cook until tender and well browned. Sprinkle with salt and pepper. Serve hot.

Onion Scallop

Combine cooked onions with white sauce, with grated cheese added if desired. Cover with buttered bread crumbs, and brown in moderate oven. This is an excellent way to use cooked onions in combination with other vegetables left over in quantities too small to serve alone.

Onions With Tomatoes

Combine sliced onions with canned tomatoes for stewing or scalloping. Dry bread toasted is especially good in the scalloped dish with small pieces of crisply fried salt pork or bacon for seasoning.

Stuffed Onions

5 or 6 large onions
1/2 cup chopped vegetable
2 tablespoons chopped parsley
3 tablespoons fat
2 cups bread crumbs
1 teaspoon salt
Pepper

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Cook the vegetable and parsley in the fat for a few minutes, then add the bread crumbs, salt, pepper, and chopped onion. Fill the onion shells with this stuffing, and bake in a moderate oven for about 30 minutes, or until the onions are tender.

For a more hearty dish, chopped cooked meat or fish or baked beans may be used in the stuffing in place of most of the bread crumbs.

Hot Meat and Onion Sandwich

Cook 1 pint of sliced onions until tender in about 3 cups of meat broth or water. Thicken slightly with flour mixed with cold water, and cook several minutes longer. Stir in 1 pint of cut-up, left-over or canned meat and heat thoroughly. Season to taste with salt and pepper, and add celery seed, if desired, or celery tops (fresh or dried), or parsley, or tomato catsup, or chili sauce. Use as the filling for hot sandwiches with bread or hot biscuit with plenty of the gravy poured over the top.

Smothered Steak with Onions

If the steak is a very lean porterhouse or sirloin, brown it on both sides in a little suet; then remove from the pan. Brown 1 to 1-1/2 quarts of sliced onions in the same pan. Then put the steak back, cover with the onions, sprinkle with salt and pepper, put a lid on the pan, and cook slowly for about 15 minutes.

If the steak is from the round, rump, or chuck, pound flour into it first, cut it into serving pieces, brown it in fat, add water to cover, and cook slowly for 1-1/2 to 2 hours, or until the meat is tender enough to cut with a fork. Add browned, sliced onions during the last half hour of cooking, and season with salt and pepper.

Onion Rings with Hamburg or Sausage

Slice large onions about one-half inch thick, and place in a shallow baking dish. Season with salt, pepper, and melted fat. Add one or two tablespoons of water, cover, and bake for 20 to 30 minutes, or until tender. Serve with a cake of hamburg or sausage on top of each slice of onion.

Onion Sauce for Boiled Rice or Potatoes

Cook a cup of chopped or finely sliced onions in 2 to 3 tablespoons of fat until they turn yellow. Add 2 to 3 tablespoons of flour and stir until blended, then gradually add a pint of cold milk. Stir and cook until smooth and thickened. Season to taste with salt and pepper. Just before serving add chopped parsley or celery tops.

"Western" Sandwich

For a hearty "western" sandwich, beat 3 eggs. Add 3 tablespoons cold water and beat again. Brown 1/2 cup of chopped onion in 2 tablespoons of fat. Mix 1 cup of cooked finely chopped meat with the egg snd water, and season with salt and pepper to taste. Add to the onion, stir, and cook until the egg is set.

Other Good Sandwich Combinations

Onions and --
- Peanut butter,
- Egg,
- Chopped meat,
- Catsup or chili sauce.

Onions in Salads

Onion is standard seasoning in practically all vegetable salads. Here are some favorite combinations:

Onions with --
- Apple,
- Cottage cheese,
- Cabbage,
- Cucumber,
- Lettuce,
- Peas or string beans,
- Tomatoes,
- Sliced orange or grapefruit.

Spring Onions on Toast

Allow six or seven finger-sized onions for each serving. Trim off the green tops, cook the onions until tender in lightly salted boiling water in an uncovered pan. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter. In the meantime, toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.